James P Dowling
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Shadow

Integration Manual

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About the Authors

James P Dowling, MSc, trained as a molecular biologist up to PhD level, before switching track to pursue training as a psychotherapist. His videos and podcasts have been viewed over half a million times, and has worked alongside top-tier self-development personalities, including Mark Queppet and Elliott Hulse. He's on track to marry his own Beatrice – Jayne – in September of 2020.

Steven T Richards is a Psychotherapist and Respiratory Psychophysiologist with over 40 years of clinical experience. He and his wife, Pauline, are in an individuation marriage, and their work has had endorsements from Anthony Stevens and Ernest Rossi, two of the most accomplished and important Jungians of all time. They have unified Jung's collected works with biology, to help develop the Theory of Everything *par excellence* for human psychology - Psycho-Systems Analysis. Additionally, he co-founded the British Society for Clinical Psychophysiology, and was responsible for introducing Clinical Capnography-Infra Red Mass Spectrometry (Respiratory Psycho-Physiology) and The Charing Cross Method into Primary Health Care.

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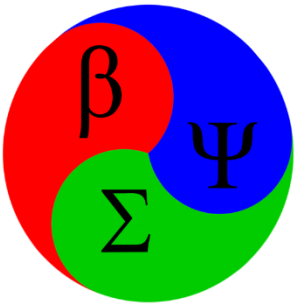

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Definitions

The term 'Shadow' was of course coined by the great Swiss psychologist and psychiatrist Carl Gustav Jung (1875-1961). Jung was well known for being inconsistent over his definitions of the structures and dynamics within his model of the psyche.

For the purposes of this pdf manual the Jungian Shadow will be defined as follows:

1. The broad category that covers the entire scope and bandwidth of the contents of the 'Personal Unconscious'.
2. Those negative personal traits and characteristics that we reject, supress, or repress, in ourselves – and see through 'projection' in others.
3. Those latent, positive personal traits and characteristics that we reject, supress, or repress, in ourselves – and see through 'projection' in others (the 'gold' in the Shadow').
4. The 'Collective Shadow' – that which is shared in common (at various levels) by humanity.

Additionally, from Psycho-Systems Analysis, we will add:

5. Negative Shadow elements of an individual or reference group, that are 'transferred' rather than 'projected', onto another individual or reference group.
6. The 'Immediate Shadow' – that is, the downside of our normal and adapted cognitive style (Jungian Type).
7. The systems concept of 'The Alter-Ego' as the compensating nuclear-complex of the Personal Unconscious – in homeostatic relationship to the Ego (the nuclear-complex of the field of consciousness).
8. The tripartite interrelationships between: The Ego, The Alter-Ego and The Moral Complex.

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Psychodynamics

We will look at the systems-based energy and informational regulation of the psyche.

1. Jung regarded the psyche as a self-regulating system.
2. The system is composed of discrete structures.
3. These structures exchange energy and information.
4. Regulation is intended (genetically) to be towards health.
5. Lifespan development follows a pre-programmed pattern.
6. Dysregulation is implicated in psychopathology, physical illness and social dysfunction.

Practical Jung

1. Recognising Shadow dynamics in self and others.
2. 'Integrating' Shadow elements into Ego consciousness.
3. Maintaining a healthy balance (homeostasis).

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The Personal Unconscious

The Personal Unconscious is present in 'virtual form' within the genome – i.e. it is an empty structure, that is prefigured to receive information, filled out by 'personal' experience, which, will then be organised into 'functional units'. These units are called 'Complexes'.

Complexes form, dynamically, through associative (learning) processes. Jung regarded them as ideas held together by a common affect (emotional) charge. His psychophysiological research (*Collected Works* volumes 1,2, 3 and 7 – in particular) demonstrated that they have a 'physiology of their own' - a degree of independent conscious intentionality - and a tendency to 'split off' from the Ego.

For Jung, the Personal Unconscious was often taken to be synonymous with his concept of The Shadow.

In Psycho-Systems Analysis, the Personal Unconscious has functional overlap with 'memory', as understood neurologically. This means that those brain structures that deal with the integration and global storage of memory and learning within the brain, are the neural substrates of the Personal Unconscious.

However, following the work of Dr Ernest Rossi (a Jungian Analyst and Psychobiologist), Psycho-Systems Analysis also understands that Complexes exist as 'State Dependent Memory, Learning and Behaviour' (SDMLB) systems, that (also following Jung) have an informational representation within the body. From Rossi, information, 'transduces' down from a psychological level of analysis, description and explanation – via known and understood pathways, and takes root in the body – extending the neurological representation of Complexes (and therefore the Personal Unconscious) into various, bodily systems, organs and tissues, even affecting gene expression within cells.

The pathways described by Rossi include psychoneuroendocrine (PNE) and psychoneuroimmune (PNI). Information may travel up and down these pathways, but Complexes, are relatively stable systems, that once triggered, become 'whole-states'.

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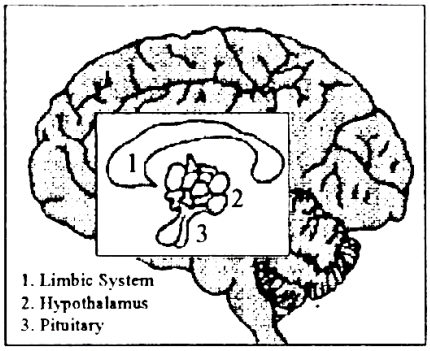

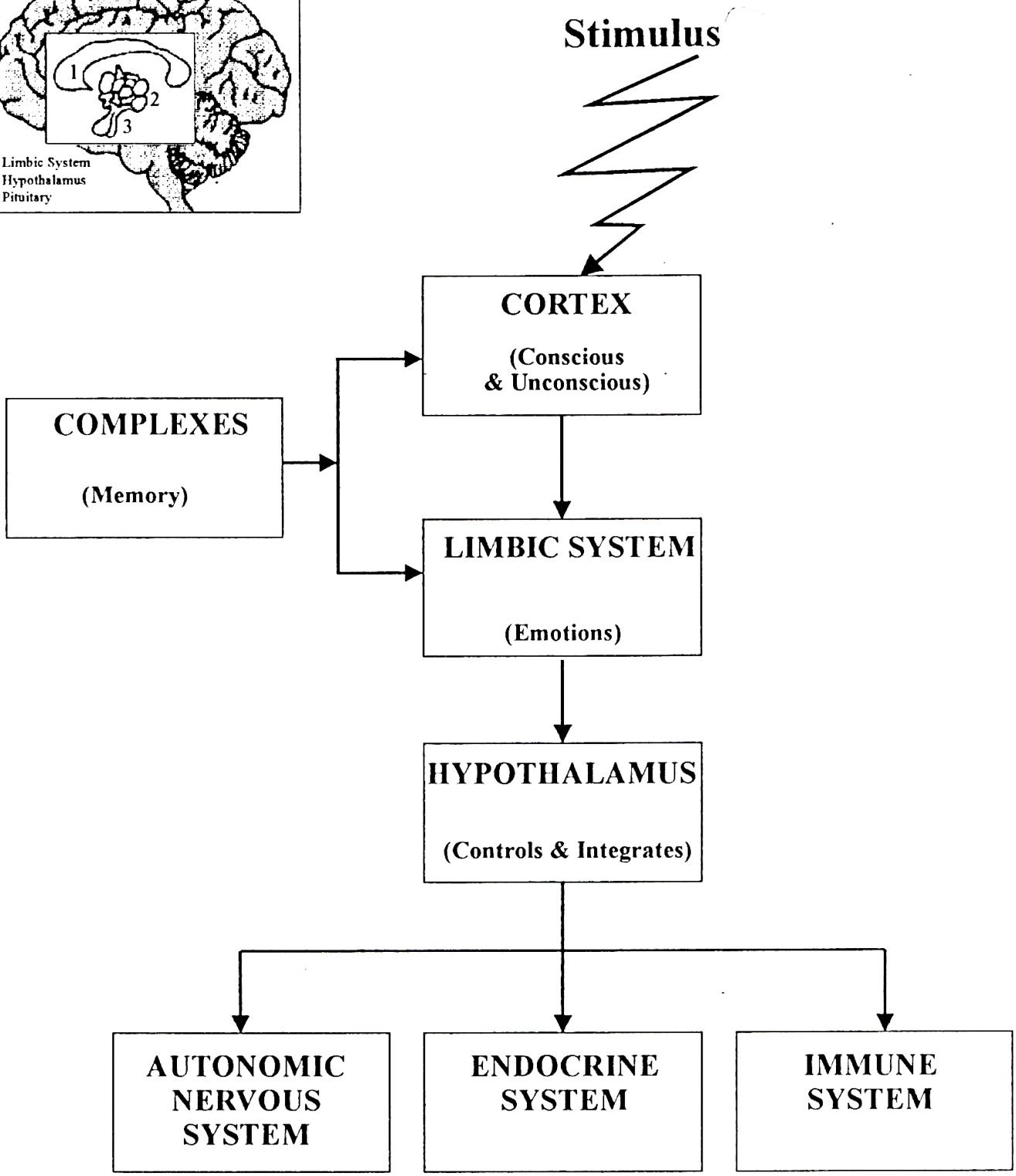

Complexes interacting with a stimulus to produce a physiological response

Dynamic psychophysiology is influenced by internal and external stimuli, as well as their interactions with the genetic 'expectations' that form a complex.

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The Personal Unconscious, and hence 'The Shadow' is a psychobiological system.

Steve and Pauline Richards, have extended Jung's original psychophysiological testing (he worked with galvanised skin response, blood pressure and a pneumograph to measure external respiratory motion) to include real-time measurements of the partial pressure of end-tidal carbon dioxide – Pet CO_2 – as an indicator of the arterial levels. In solution in the bodies fluid mediums, CO_2 is an acid (carbonic acid), and its regulation affects every organ and system in the body through pH (acid-base). It is not possible to consciously regulate Pet CO_2 values, even through biofeedback. However, Richards and Richards were able to demonstrate that psychodynamic defence mechanisms (and therefore complexes within the Personal Unconscious – or Shadow) were able to affect CO_2 and therefore pH regulation.

This information was first presented at an International Conference on Respiratory Psychophysiology at the Wellcome Center in London, UK in September 1993.

Dr Rossi was very interested in this phenomenon, as were the Respiratory Psychophysiology community, as no one else had described it before. The pH (acid-base) regulation of the body, is an independent 'whole-state' informational transduction pathway.

So, again, Complexes, and therefore The Shadow, are an active (dynamic) psychophysiological phenomenon.

As humans' function within a social milieu, The Shadow also has 'informational representation' at every level of social interaction.

Therefore, it follows that The Shadow is also a bio-psycho-social system.

It is *not* limited to psychology.

In Psycho-Systems Analysis, although Jung's loose definition (which is most often made contextually) of the Shadow being the *whole* of the Personal Unconscious – is accepted, a distinction is made between this, and a *specialised* Complex, which is referred to as: 'The Alter-Ego'.

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The Alter-Ego

Following Jung, Psycho-Systems Analysis considers the Ego to be the 'centre of the field of consciousness' and is a 'specialised complex' responsible for reflexive self-awareness, and executive, external relations with the socio-environment.

The Ego has a limited informational carrying, and processing capacity (bandwidth).

The field of consciousness is greater than the extent of the Ego itself, but is still limited, and the further a specific psychological content, stimulus or memory, is away from the Ego, then the more relatively unconscious it is. Jung regarded this as an energetic factor, in that the higher the psychological energy (libido) of a content, the more likely it was to become conscious.

Psycho-Systems Analysis considers the Ego to be:

'The Nuclear-Complex of The Field of Consciousness'

That is, of the informational field, that is arranged around it.

It follows that the Personal Unconscious also has a Nuclear-Complex:

'The Alter-Ego, or Nuclear-Complex of The Personal Unconscious'

The function (dynamically) of this, is to act in self-regulation to the Ego, as an alternative organising structure, in compensation for the Ego, both in terms of its contents (psychologically – such as attitudes, opinions, values etc) and, its specific energy (libido).

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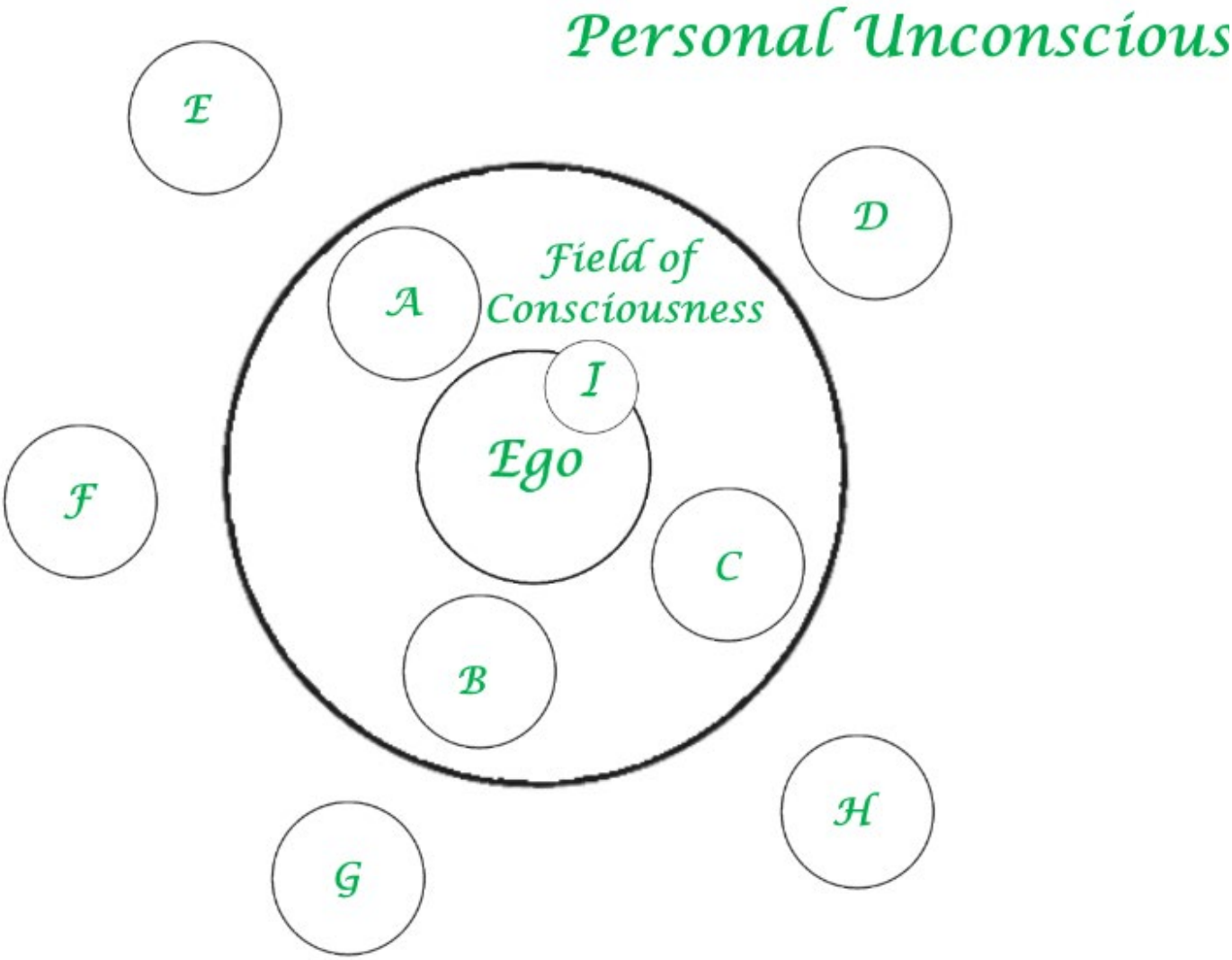

Conscious Mind
A-C: Ego-aligned complexes
D-H: Ego-unaligned complexes
I: Ego-identified complex

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The Alter-Ego is that part of The Shadow (as it's defined by Jung) that most readily *personifies* in dreams, fantasies, aspirations and fears (for example in the extreme case of *Dr Jekyll and Mr Hyde*).

Whereas, the Ego has at its disposal all of the contents of the field of consciousness, and any information that may be readily accessible to it, The Alter-Ego has within its remit the entire contents of the Personal Unconscious.

The Personal Unconscious being the summation of every experience, and learning process ever made within the span of an individual's life, is incalculably larger than the Ego.

If we accept Jung's definition of The Shadow as being the wider Personal Unconscious, then integration of this by the Ego is impossible. The sheer volume of information is so great that the Ego would fragment into a psychotic state immediately after its (the Ego's) capacity had been overloaded to the point of dissociation and break-down.

The Alter-Ego's role is to balance the Ego's real-time status, in terms of *content.*

So, whatever position is taken by the Ego, the opposite potential will be immediately adopted by the Alter-Ego – in compensation, for the purpose of homeostasis – that is self-regulation of the (personal) psyche, in real-time.

The Alter-Ego will attempt to 'push' polarized-information into the field of consciousness, and into the Ego itself, then to receive, and systematize information lost to the Ego and its field of consciousness; either through natural turnover or psychodynamic factors such as suppression, repression etc.

The Alter-Ego, also has a role in regulating other Complexes within the Personal Unconscious. It may for example 'release' one or more such Complexes from within the Personal unconscious and into the field of Ego-Conscious. It will also do this for 'free-floating' or un-systematized contents within the Personal unconscious, that are not parts of Complexes per se, but have acquired a high enough level of polarity towards the Ego.

We may consider there to be an 'Ego – Alter-Ego Axis' (pathway) of direct interaction, within the psyche.

So, the homeostatic function of the Alter-Ego is normal and healthy. Things go wrong, most often, when the position taken by the Ego is too polarized (one sided).

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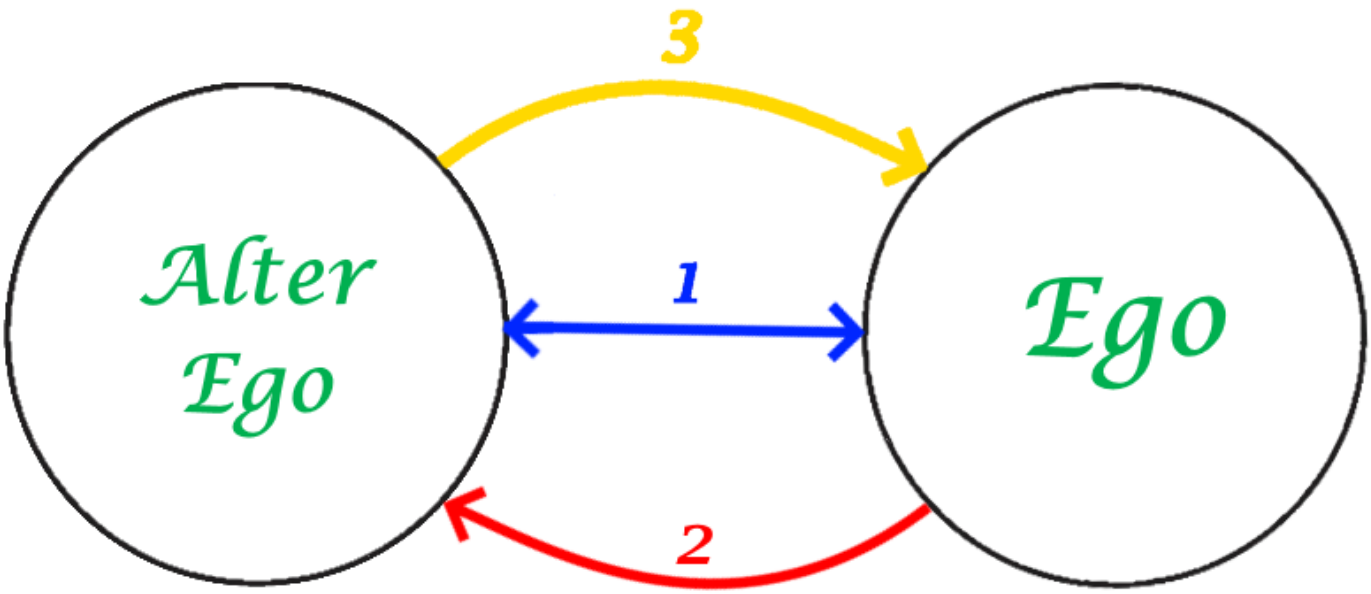
This is particularly marked when issues of morality and values are taken up by the Ego; either as a result of cultural or social learning, or, directly from within an innate (internal) setting, which may be 'archetypal' in nature (the details of this are beyond the scope of the present manual).

Jung said: 'The brighter the light, the darker the Shadow'. Therefore, if the Ego tries to be *too* 'good', the Alter-Ego, obligingly compensates and becomes *too* 'bad'.



Ego/Alter-Ego

1. Dynamic Tension of Paired Opposition
2. Repressed ego contents
3. Incorporated Shadow contents

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The Moral Complex

In the case of a value-set, a third regulating Complex intrudes – this is The Moral Complex.

The Moral Complex is unique in its position relative to the Ego and Alter-Ego. By default, it is both conscious and unconscious. The conscious part is identified-with by The Ego, the unconscious part – is associated directly with the Alter-Ego.

These three structures form a tripartite system: the 'Ego-Alter-Ego-Moral Complex triad' or *EAM Triad.* This is analogous to Freud's model of the 'Psychic Apparatus' – The Id, The Ego and The Super-Ego. They are analogous to some degree, but, are not isomorphic. The same empirical observations that led Freud to develop his model, informed Psycho-Systems Analysis – with the Ego being in a similar role in both models.

However, the Alter-Ego is not the same as the Freudian Id, and the Moral Complex, has a similarity of function, but not development, to the Freudian Super-Ego.

The main difference is that the Psycho-Systems Analysis *EAM Triad* is fully informed by Jung's wider model of the psyche, and the interrelationships between those structures.

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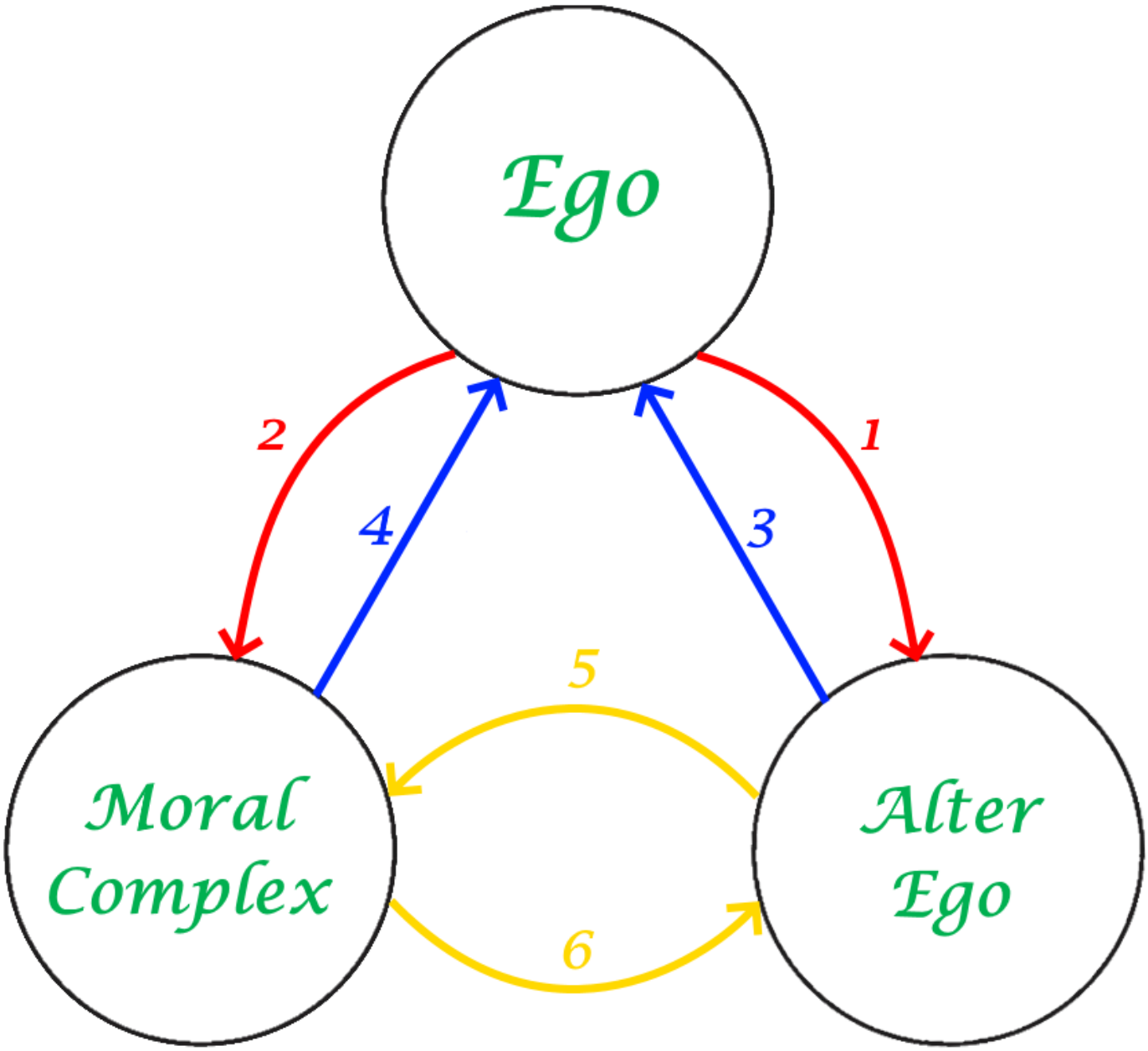

The E.A.M Triad

1. Repression of Alter-Ego
2. Repression of Moral Complex
3. Integration of contents of Alter-Ego
4. Integration of contents of Moral Complex
5. Inhibition of Alter-Ego by Moral Complex
6. Inhibition of Moral Complex by Alter-Ego

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Integration of The Shadow

We've already noted that the Ego is of limited size and bandwidth. As a structure, it is the *focal* point of consciousness and *reflexive* self-identity.

The Alter-Ego – as the Nuclear-Complex of the Personal Unconscious, only has to be 'conscious' of the Ego. However, in terms of acquiring *psychological mass*, the Alter-Ego is capable of indefinite extension, compared to the Ego. Its primary role is to exactly mirror The Ego, but secondarily, it has a role in regulating the natural turn-over of the contents of the Personal Unconscious as a whole, and as such is variable in relative 'volume' as well as in specific content.

These wider Personal-Unconscious contents, will be in the form both of stable Complexes, but also of un-attached psychological material. These belong within the store of the memory-proper: but have a degree of autonomy to become attached; either randomly, through the activity of new Ego-associations, or even through the competition for energy and information, *between* Complexes.

Additionally, there are dynamic factors associated with the Archetypes and Instincts (outside of the Collective Shadow) that can perturb the balance of the Personal Unconscious, but these are beyond the scope of this present manual, and will be discussed in future publications.

Therefore, it's important to understand that The Ego, CANNOT *integrate* The Shadow:

(i) The Personal Unconscious as a whole is far too large and dynamic.
(ii) The Alter-Ego is a stable contiguous structure that cannot be integrated by another, separate, structure (i.e. The Ego).
(iii) However, contents within the wider Personal Unconscious CAN be integrated into The Ego.
(iv) Polarised contents within the Alter-Ego will actively 'seek' integration into the Ego. This is *Shadow Pressure*.
(v) There are Ego-tolerances regarding assimilated contents from within the Personal Unconscious, and the Alter-Ego, that if exceeded, will mean that the Ego is effectively 'possessed' by those contents. *Inflation* of the Ego by identification with a content or contents of the Personal Unconscious is one such example. These tolerances test against the *polarity-strength*, and *volume*, of

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potentially assimilated contents. The result in a stable and healthy Ego is a 'maintenance-dialectic', intended to sustain homeostasis.

(vi) Where the Ego is compromised, but an outright 'possession' does not occur, a state of 'identification' by the Ego, with the intruding contents, can still happen. Both of these examples represent psychopathology. A *possession-state* can describe a *psychosis*. Identification can happen with any Complex (intruding into the Ego). In such circumstances the Complex in question is said to be 'Ego-Identified', and if sufficiently pathological, can lead to a very powerful *neurosis*.

(vii) A healthy Ego can maintain its structural integrity. It has a *psychological immune-system function*, that acts to discriminate against intrusive contents under *Shadow-Pressure*, and against negative suggestion (influence) from other Complexes, psychosocial factors, and even misfired *archetypal* and *instinctive pressures.*

(viii) The Alter-Ego is meant to help sustain this healthy state by providing a monitoring and regulating function.

(ix) It only becomes a problem when the self-regulating axis is compromised.

(x) The Ego CAN safely integrate elements of the Alter-Ego and wider Personal Shadow, if it is in a homeostatic state of balance.

(xi) The level of consciousness and development of the Ego is crucial in maintaining a healthy attitude to the polarised contents of the Alter-Ego and Personal Unconscious.

(xii) The Alter-Ego and wider Personal Unconscious originate like the Ego, as structures, in the organismic (psychobiological) 'Self' which is prefigured in the genome. Their inter-action is continuous over the lifespan.

(xiii) The exchange of energy and information between Ego and Alter-Ego is the normal homeostatic method whereby Shadow contents can be integrated into the Ego.

(xiv) Integration, requires consciousness.

(xv) Intruding material that is assimilated without conscious discrimination (failure of psycho-immune regulation) can result in Ego-Identification with a pathological content.

(xvi) In extreme circumstances, this can lead to the Ego being *assimilated* by the intruding Complex, with collapse of the normal personality (compare with (vi) above).

(xvii) The *Collective Shadow* (at its highest resolution – the *Archetypal Shadow*) is something far more potentially dangerous even than the Personal Shadow. As a 'collective-system' its lowest resolution is at the level of any two-person social interaction. It then rises in resolution according to the size of the socio-cultural

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system it represents, until it reaches the highest level of all, as The Shadow of humanity as a whole.

(xviii) Within the psyche of an individual, this is represented as the *dark-side of The Self Archetype.* Remembering that 'The Self Archetype' is a grounded psychobiological, or, *organismic* system, then the psychodynamic identified by Freudian theory as *Thanatos* – which is the opposite libido energy to *Eros,* leads an organism towards catabolic breakdown and eventual death. This can be considered from the standpoint of the Ego, to be a kind of *psychological entropy*.

(xix) The negative pole of the Collective Shadow has massive suggestive power, and can, through the expression of *Thanatos,* lead whole cultures and civilizations to destruction.

(xx) The Ego of an individual, is vulnerable, through the Personal Shadow, to becoming identified with a social group, political ideal or even a religion, that is itself ruled by the Collective Shadow. This acts as a container for the massive psychological forces involved, offering the illusion of stability to the individual's Ego consciousness. Therefore, the *Inflation* of the Ego by The Collective Shadow is systemically off-set through a *top-down regulation* by the group – for as long as this is sustainable.

(xxi) Frequently, a 'Mana Personality' – a Great Leader, spiritual, political, or psychological – will utilize the immense tidal forces of the Collective Shadow to gain influence. Such people are to be found fronting cults of various kinds. Possession by Ideas can be an example of *Inflation* connected to the Collective Shadow. Discrimination by Ego Consciousness, is necessary to avoid attachment to social-systems and Mana-Personalities, who are thus possessed by the Collective Shadow.

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Practical Jung

The first consideration is to address superstition and fear. The Alter-Ego (the personified Shadow) is not the enemy of the Ego, unless, the Ego's position is so one-sided, that it calls forth *over-compensation*. This is particularly clear where a moral or perhaps religious system of belief, is internalised (identified with by the Ego) to such an extent that the over-compensation appears terrifying.

Typically, when encountering the 'Problem of The Shadow', people fear that it (The Shadow) is somehow what they secretly, *really* are. This is particularly common in decent, moral people, whose conception of the 'dark-side' of human nature has been shaped by a top-down (social) value system. When paired with the Moral-Complex, this secret fear can create a *resultant* Guilt Complex. By 'resultant' I mean the manifest or surface structure appearance of the Complex, when experienced subjectively by the person, and, when initially therapeutically analysed, regarding its content and associations.

As a different example, in order to reduce tension, the Ego will often 'project' its fears and dysregulation, out into the environment, and onto other individuals, groups or beliefs. This can allow an *Ego-adjusted compensation* to work, but it leaves a residue of anxiety that the Ego will need to repress.

This, then ducts back into the Alter-Ego, which uses it to further over-amp its compensation of the Ego directly, or, indirectly, to fuel other Complexes. The result can be a *downloading* into physical symptomology – or a *rebound uploading* back out into the social sphere – with even greater disturbance to relationships and external adaptations.

In both cases, becoming conscious is the key. If not, then the Alter-Ego's over-compensation may increase in an effort to get the Ego's attention.

Consider that the 'Shadow' has layers. The first, is simply the result of your usual and adapted Jungian type. This sits right in the Ego's blind spot, and doesn't even have to appear in the Alter-Ego. It's whatever is the downside of your preferred Jungian attitude and function type.

Be aware of it.

In social relationships, there is the phenomenon of 'Transference' of the Shadow, rather than the 'Projection' of it. Consider the case of a loved person in your life. In a social

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situation: rather than criticize them for an obvious failing in behaviour or character, it is common to 'transfer' that over and onto a third party or parties, blaming them, and reducing the uncomfortable realization that your loved one is flawed.

Be cognizant of this.

Recognize the Shadow dynamics in others. Note, that not only do individuals have Shadows, but so too do relationships, belief systems, families, peer-groups, communities, sub-cultures, cultures, nation-states – and that these are as real as the more widely appreciated 'Collective Shadow' that Jung postulated as being that of the human species as a whole (see above).

See yourself in relation to these and adjust accordingly.

Be aware of *Psychological Infections*. These pass on through suggestion. Someone suffering from depression as an 'Ego-Identified State' will want you to be depressed too. It normalizes them. Likewise, someone in a hypomanic state of extraversion, will want everyone in their social environment to be at the same level of arousal as they are – it normalizes them. If you 'catch' depression through suggestion, it is real. If you catch hypomania through suggestion, it is real. Both will disturb your equilibrium. Your Alter-Ego will react accordingly in an effort to stabilize you. The attempt may over-compensate, or even open the door for other, latent, or dormant complexes, to intrude into your psychological life.

Build a healthy Ego-Alter-Ego Axis.

The Shadow and Alter-Ego of psychopaths and narcissists, are as different to their normal Ego position and tolerances, as a normal person's is to their own Shadow. The psychopath will sometimes act out of character and be 'nice' to people. He or she will be as embarrassed by this as a normal person is of their 'negative' Shadow.

Compensation is as universal as polarity.

There is Gold in The Shadow – all unlived, unactualized, positive potential is in there.

Do not be afraid of it.

Shadow work is the journey-work of a lifetime. It will not end until you, yourself do.

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Make it your calling.

Be sensitive to the nuances of the self-regulating psyche. Watch your thoughts, feelings, fantasies and dreams. Respect the psyche and it will reciprocate.

Your Shadow will become your ally.

Beware too much indulgence in symbolic representations of the Shadow. Symbols, and the mythopoetic structures that express them, carry huge bandwidths of information, and have immense suggestive influence. Study them, do not fear them, immerse yourself in them, but be capable of stepping away.

A healthy and stable Ego is the absolute *sine qua non* and pre-requisite for any encounter with the Unconscious.

The Transcendent Function – the third position that transcends polarity (Jung) is the goal of a dynamic, conscious equilibrium in the psyche. THIS is the ultimate 'integration' of The Shadow, the transcendence of polarity, through a stable and dynamic balance, that accepts both light and dark in the Shadow and its Alter-Ego Complex, and efficiently and effectively, lives, consciously, throughout lifespan development, towards Individuation.

Above-all, you are meant to be healthy.

Remember this, and gift that insight to others.

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